

YOUTH SPORTS

GYMNASTICS FOR AGES 6-13

Instructor: Shannon Lake

Children will receive instruction on the uneven bars, balance beam, vault and floor. Class also includes flexibility and strength building moves. Classes are for all ability levels: beginner through advanced. Children progress through the program based on individual ability levels. Boys and girls are grouped primarily by ability level and age.

Activity #	Dates	Classes	Day	Time	Age	R/NR
114062-A1	5/5-6/18	14	Tu,Th	6-7P	6y-13y	\$91/\$112

ADVANCED GYMNASTICS

Instructor: Shannon Lake

This class will have a student/teacher ratio of 4 to 1 and geared toward year around students. Students will improve on and add to skills already learned as well as work on routines, dance, flexibility, and strength. An instructor will approach the parent when a child is ready for this class. Registration without a written letter from the instructor attached will not be accepted. Participants need to be registered for the 6:00 p.m. class as well.

Activity #	Dates	Classes	Day	Time	Age	R/NR
114063-A1	5/5-6/16	7	Tu	7-8P	7y-13y	\$66.50/\$84
114063-B1	5/7-6/18	7	Th	7-8P	7y-13y	\$66.50/\$84

TUMBLING PLUS

Instructor: Shannon Lake

These classes will focus primarily on gymnastics floor exercise skills. There will also be instruction on floor beam as well as springboard. Flexibility and strength will be included. All skill levels welcome. Children will progress based on individual ability levels.

*NO CLASS 8/6

Class Location: VVFD

Activity #	Dates	Classes	Day	Time	Age	R/NR
114064-A1	7/7-7/23	6	Tu,Th	3:30-4:30P	5y-13y	\$39/\$48
114064-B1	7/7-7/23	6	Tu,Th	4:30-5:30P	5y-13y	\$39/\$48
114064-C1	7/7-7/23	6	Tu,Th	5:30-6:30P	5y-13y	\$39/\$48
114064-D1	7/28-8/13	5	Tu,Th	3:30-4:30P	5y-13y	\$32.50/\$40
114064-E1	7/28-8/13	5	Tu,Th	4:30-5:30P	5y-13y	\$32.50/\$40
114064-F1	7/28-8/13	5	Tu,Th	5:30-6:30P	5y-13y	\$32.50/\$40

iMOVIE INNOVATORS

Instructor: m2 academy

Stretch the boundaries of your child's imagination in this 6-week enrichment class. Students will use iMovie for the iPad to design, film, and edit their own movie trailers and digital shorts, green screen applications to create commercials and news broadcasts and Stop Motion programs to produce Claymation and legation videos. No tech background needed! All programs are basic, intuitive, fun, and use only one device - the iPad!

Activity #	Dates	Classes	Day	Time	Age	R/NR
114072-A1	5/6-6/17	7	W	4:30-5:30P	6y-12y	\$149/\$186.25



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UK ELITE SOCCER - TECHNICAL PROGRAM

Instructor: UK Elite Soccer

This is a Technical Program which focuses on ball mastery and the individual player's technique. The class will focus on improving fundamental motor skills and will also introduce the players to an organized game environment, in a 4v4 format. The classes will be conducted by a professional trainer and will consist of 6 x 60 minute classes. This program will be a stepping stone towards competitive Club Soccer. **Classes are held at Peterson Lane Park, Malcolm Road NW.**

Activity #	Dates	Classes	Day	Time	Age	R/NR
114332-A1	5/15-6/19	6	F	6-7P	6y-10y	\$105/\$131.25

ZUMBA FOR KIDS

Instructor: 2InspireU

This workshop is Party Fitness FUN at its best!!! It delivers easy-to-follow choreography with the perfect blend of upbeat kid-friendly music by Will-I-Am, Katy Perry, Victoria Justice, Maroon Five, Ariana Grande and more making for a total body workout that feels like a celebration. Activities such as freeze dance, helicopter, hula-hoop, ball games and Zumba Olympics makes Zumba Kids THE #1 Fitness Party Around!!!

Activity #	Dates	Classes	Day	Time	Age	R/NR
114461-A1	5/6-6/10	6	W	5:30-6:15P	5y-11y	\$72/\$90

TEENS ON THE GREEN CONCERT

Saturday, May 16th

11:00 am	Adrenaline Dance
11:45 am	Vienna Jammers
1:00 pm	Club Phoenix Improv Team
1:30 pm	Fairfax Academy of Musical Theater

The Town of Vienna Parks and Recreation and Club Phoenix Teen Center proudly present "Teens on The Green" at Vienna Town Green. The local talent will awe and amaze as we highlight fantastically talented teens artists. The concert is free and open to the public. Please contact the Vienna Community Center for more information at

703-255-6360.



CLUB PHOENIX

CLUB PHOENIX

Students can enjoy a place of their own in Club Phoenix. The club, a drop in center, has a lounge area, big screen TV, CD player, X-Box 360 with Kinect, Wii, Play Station 3, Ping Pong, Air Hockey, Foosball and billiard tables. A stage is available for open-mic nights, karaoke, improv nights and much more. There are many special events, activities and parties throughout the year. Students can purchase snacks at our "Candy Bar" during operating hours.

A registration form is required for all teens wishing to participate in any Club Phoenix activity. Registration forms may be picked up at the Community Center front desk, Club Phoenix, and at our web site www.viennava.gov. Club Phoenix is staffed by the Vienna Parks and Recreation Department.

The Teen Center will be closed:
July 3

The Teen Center will open early:
June 19: 12:30-10pm

School Year Hours of Operation
6th, 7th & 8th GRADE:

Monday-Thursday 2:30pm- 6:30pm

Friday 2:30pm- 10:00pm

Summer Hours of Operation

Location TBD

(June 22- August 14)

Monday-Thursday 4:00pm -7:00pm

Friday 4:00pm-10:00pm

HIGH SCHOOL VOLUNTEER HOURS

High School students are encouraged to volunteer at the Teen Center during the after school program. Interested students should contact Tammy Funk at 703-255-5736 or by email, TFunk@viennava.gov.

CLUB PHOENIX AFTER SCHOOL PROGRAM

The Club Phoenix After School Program, for grades 6th through 8th, runs Monday through Thursday 2:30 p.m. to 6:30 p.m. and Friday's from 2:30 p.m. to 6:30 p.m. Homework help, cooking classes, special interest clubs and sports and fitness round out the day's activities. There are video games, a dance floor, billiard and ping pong tables to occupy your time. The program is free and open to any teen in the Greater Vienna area. **Registration is**

required. To register or for any question please contact Tammy Funk the After School Program Coordinator at 703-255-5736 or by email, TFunk@viennava.gov. The After School Program ends on June 19.

CLUB PHOENIX RENTALS

Club Phoenix Teen center is available for rentals on weekends. The center is only available to parties of teens registered at Club Phoenix, grades 6th – 10th. Applications are available at the Community Center front desk and via the web at www.viennava.gov, and should be submitted to Brian Hanifin, Recreation Program Coordinator. Visit the web for more details and pricing or contact Brian at 703-255-7352 or by e-mail, BHanifin@viennava.gov.

"THE PHOENIX" PARENT E-NEWSLETTER

The Club Phoenix Parent E-Newsletter "The Phoenix" will keep you informed of schedule changes, special events, center closures and after school activities. You can add your e-mail at the Teen Center, call 703-255-5736 or email BHanifin@viennava.gov.

TEEN COUNCIL

President: Sydney Scafidi •

Vice President: Reese Noyes

The Teen Council, a group of youth from Club Phoenix participates in many events ranging from stream cleanups to kids' activities in hopes of making a difference in their community. The teens are also leaders at Club Phoenix by providing education on youth issues and volunteering at special events. If you are in 6th grade or older an application can be picked up at the Vienna Community Center. Teens are chaperoned by an adult advisor on each volunteer outing. Call 703-255-5736 or e-mail b.hanifin@viennava.gov for more information.

OUTSIDE ART

Friday, May 8th

4:00 p.m. - 5:00 p.m.

Now there is no excuse to not do all of those messy crafts that we can't do inside. Dress in clothes that can get dirty. Just don't forget to take them home with you. Don't forget to bring something white to tie-dye.

RELAY THE FUN!

Thursday, May 14

2:00 p.m. - 6:00 p.m.

Let the games begin! There will be throwing, running, jumping, climbing and leaping! Come with your game face and ready to cross the finish line. Come with a buddy and see who will be top Phoenix!

CLUB PHOENIX LIVE IMPROV COMEDY SHOW

Friday, June 5th

Show time- 5:30 p.m.

Calling all friends, family and anyone who wants to have a good time! Join the Club Phoenix's Improv Comedy Group for Club Phoenix Live Improv Comedy Show. The performers are a group of local youth that have spent the past school year learning and practicing Improv games and situations once a week. The teens have learned quite a bit in the meetings and want to share what they have learned with you. Please join us for an evening of fun and laughter; we hope your funny bone can take it!

OUTBACK FUN DAY

Thursday, June 11th , 4:00 p.m.

There is always something refreshing about playing in the sunlight. Bring your friends and meet some new friends on a warm summer day playing outdoors; such as soccer, tossing the football, kickball and other fun summer games.

1ST ANNUAL PHOENIX AWARDS

Saturday, June 13th , 5:00 - 7:00 p.m.

Come one, come all and celebrate your local celebrities! You are cordially invited to assist us in honoring the Teen IMPROV Club, Club Phoenix Teen Council, Teen Center Staff along with Community Leaders and Community Partners that are behind making Club Phoenix a success! Light refreshments will be provided.

END OF SCHOOL YEAR MOVIE MARATHON NIGHT

Friday, June 26th , 4:00 - 10:00 p.m.

Starting summer off with a bang! Enjoy a night of popcorn, snacks and movies with all your friends. Movie suggestions are welcome. Remember, all movies have been or will be screened by the Club Phoenix Staff.

TEENS

TEEN IMPROV CLUB

The "Teen Improv Club" is a chance for teens to flex their comedy muscles by participation in a series of improv and sketch comedy classes. During the school year, the group meets once a week every Friday night from 5:30pm-6:30pm at Club Phoenix and will culminate in a final performance for family and friends. It doesn't matter if you have never tried comedy; the class is open to newcomers as well as experienced comics. You will participate in improv games and write comedic sketches to enhance your skills. Bring your funny bone, be ready to laugh and have a lot of fun! For more information please contact Jose Torres at 703-255-5736.

YOUNG-PRENEUR

Instructor: 2InspireU

Could your child be the next Founder of a company like Facebook or Google? This class will empower your child to look at the world differently and bring their ideas to life thru FUN activities and collaboration with other students. Taught by a human resources professional, business attorney and certified NxLevel Business Plan Writing Instructor, students will learn about Mission, Vision, the different types of businesses and the basics of a Marketing/Business Plan. Students will present their business on the last day of class. They will leave with not only a thirst for entrepreneurship but a sample packet of the materials learned in class. Take the first step towards your child's success and sign them up today. *NO CLASS 5/24

Activity #	Dates	Classes	Day	Time	Age	R/NR
114661-A1	5/3-6/14	6	Su	1-1:55P	12y-14y	\$96/\$120

TEEN-PRENEUR

Instructor: 2InspireU

Could your Teen be the next Founder of a company like Facebook or Google? This class will empower your teens to look at the world differently and bring their ideas to life thru FUN activities and collaboration with other students. Taught by a human resources professional, business attorney and certified NxLevel Business Plan Writing Instructor students will learn about Mission, Vision, Inventions 101 (Trademark, Copyright and Patent) and create a basic Marketing/Business Plan. Students will present their business on the last day of class. They will leave with not only a thirst for entrepreneurship but a sample packet of the materials learned in class. Take the first step towards your teens success and sign them up today. *NO CLASS 5/24

Activity #	Dates	Classes	Day	Time	Age	R/NR
114662-A1	5/3-6/14	6	Su	2-2:55P	15y-18y	\$96/\$120

MOCK TRIAL

Instructor: 2InspireU

If your teen is interested in the law or learning more about the Government then this is the class for them. Students will learn about the meaning of "Due Process", the Judicial Branch of the Government and the difference between a civil and criminal proceeding through a Mock Trial. They will study and engage in trials from jury selection, opening statements, examining witnesses, presenting evidence, closing arguments, and deliberating a verdict. Through fun and interactive exercises taught by an attorney and instructor, they will take on courthouse roles such as attorneys, witnesses, and jurors in a mock trial presided over by an instructor-judge. *NO CLASS 5/24

Activity #	Dates	Classes	Day	Time	Age	R/NR
114663-A1	5/3-6/14	6	Su	3-3:55P	12y-14y	\$96/\$120

ALL AGES

ZUMBA LATIN AEROBICS s/c

Instructor: Lupe Rother

Have Fun dancing to Zumba, an aerobics dance class with Latin and other exotic world beats, and become a fitter you! This dancercise class promotes freedom of expression through body movement while tapping into the energy and excitement of Latin dancing. It will help you to strengthen, shape, burn calories, tone & sculpt your body, while you learn popular dances such as Merengue, Salsa, Belly, Cumbia, Samba, Bachata, Reggaeton, Cha Cha and more. *NO CLASS 5/25, 8/1

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
133021-A1	5/4-6/8	5	M	7-8P	Adult	\$50/\$62.50/\$50
133021-B1	5/6-6/10	6	W	7-8P	Adult	\$60/\$75/\$60
133021-C1	5/2-6/6	6	Sa	10-11A	Adult	\$60/\$75/\$60
133021-D1	7/11-8/22	6	Sa	10-11A	Adult	\$60/\$75/\$60

Location VVFD

133021-E1	7/8-8/19	7	W	7-8P	Adult	\$70/\$87.50/\$70
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Location TBA

133021-F1	7/6-8/17	7	M	7-8P	Adult	\$70/\$87.50/\$70
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Location VVFD

CARDIOBOXING s/c

Instructor: Fee Pearson

This 45-minute calorie blasting workout uses aerobics, kicks, and punches to improve fitness. Although this class is high energy, variations are demonstrated for high and low impact. Kick, jab, and punch your way to fitness to the hottest dance music.

Activity #	Dates	Classes	Day	Time	Age	R/NR/RSR
133022-A1	5/6-6/17	7	W	8:15-9P	Adult	\$77/\$96.25/\$77
133022-B1	7/8-8/19	7	W	8:15-9P	Adult	\$77/\$96.25/\$77

Location VVFD



TAI CHI CHUAN DROP-IN

Tai Chi Chaun is basically a martial art, but consists of a system of soft intrinsic exercises. It is the body controlled by the mind. It is this mind, which is actually the moving force preset in every motion. All patterns and movements are composed of circles, arcs, curves, and spirals of all sizes, going in all directions. Tai Chi Chaun builds good physique and all muscles and joints are exercised. It will improve inner body health due to deep and concentrated breathing, cultivates patience and restraint, influences nervous, cardiovascular, and respiratory and digestive systems and immensely improves balance, which normally deteriorates with age.

Beginner

M/W – 7:00 a.m. – 8:00 a.m.

Intermediate

T/TH/F – 7:00 a.m. – 8:00 a.m.

Drop in program ends June 26, 2015.